

SOUND BITES®

Sound *Science*. Smart *Nutrition*. Good *Food*.®



Melissa Joy Dobbins MS, RDN, CDE
The Guilt-Free RD®

Influencing **SMART NUTRITION** online, on air, and on stage



MEDIA TRAINER

With extensive media experience as a spokesperson for the food, grocery and healthcare industries, I specialize in training other health professionals on media skills including on-camera, interview and messaging skills, to help them create and deliver meaningful messages that engage and empower audiences.



BRAND AMBASSADOR



MEDIA SPOKESPERSON



PODCASTER

Excited to make a difference with these great partners!



I'm the host of the Sound Bites Podcast where I interview leading experts in the food and nutrition space and delve into the science, psychology and strategies behind good food and nutrition.

Named one of "11 Health & Fitness Podcasts You Need" by Cosmopolitan Magazine



eat right. Academy of Nutrition and Dietetics

NAMED ONE OF "10 DIETITIANS YOU NEED TO FOLLOW ON SOCIAL MEDIA"

BY U.S. NEWS & WORLD REPORT



11,900



2,900



2,700



2,400



14,000+
DOWNLOADS/MONTH

RD 25 YEARS | CDE 20 YEARS
FORMER SUPERMARKET RD

SoundBitesRD.com

Contact me today!
Melissa@SoundBitesRD.com

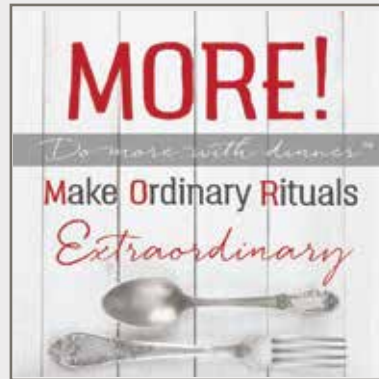
"Because food shouldn't make you feel bad!"

My goal is to help people digest food and nutrition information so they can make their own, well-informed decisions based on facts, not fear – and most of all, enjoy their food with health in mind.

SOUND SCIENCE TOOLKIT

Communicating the science of nutrition and the art of good food...

Health professionals face many challenges when trying to distill science into soundbites. My Sound Science Toolkit provides tips and resources to communicate evidence-based information, help people separate science fiction from science fact, and come away with meaningful steps toward better health.



My 'Do M.O.R.E. with Dinner' initiative provides a platform for delving into the daily dilemma of dinnertime and providing insight and inspiration for M.O.R.E.: "making ordinary rituals extraordinary".



SPEAKER

With more than 20 years of professional speaking experience, I've presented at state, national and international conferences. I've shared the stage with Dr. David Katz and other esteemed colleagues, and consistently receive outstanding speaker evaluations.



COMMUNICATIONS PROJECTS

If you agree with my Guilt-Free RD® approach, I'm available for consultation on a variety of communications projects including creative strategy, media, social media, presentations, writing and more.



SUPERMARKET STRATEGIES

As a former supermarket RD, I have a unique understanding of the wide range of responsibilities retail dietitians have in their various roles, as well as the challenges and opportunities the grocery store setting brings.



INDUSTRY INSIGHTS

FARM TOURS

California Almonds
Canada Lentils
Canned Tomatoes
Canned Peaches
Canola Camp
Dairy
Rice
Beef, Pork,
Poultry, Seafood
and more!

INTERNATIONAL CONFERENCES

Amsterdam
Copenhagen
London
Madrid
Norway
Peru
Portugal
Prague
Vancouver
Vienna

"Leadership and learning are indispensable to each other."

JOHN F. KENNEDY

LET'S CONNECT!

NEED AN INFLUENTIAL VOICE OF REASON?

I share an expert perspective to help address food fears and translate science-based food knowledge.

LET ME HELP YOU AMPLIFY YOUR MESSAGE!

NEED A SPEAKER / TRAINER?

I know that being an effective communicator is more than educating your audience, it's also engaging and empowering them.

LET ME SUPPORT YOUR GROUP OR BUSINESS!

Watch my MEDIA REEL

PLAY

Read my TESTIMONIALS

LINK TO

SoundBitesRD.com

Contact me today!

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